



Health & Nutrition Initiatives

2nd Annual Montgomery County Summit
on
Food Security and Access
Focus on: Children's Health and Nutrition

Lori L. Ward
Superintendent
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Overview

- o 2010 – 2011
 - o 13,987 K – 12 students
 - o 900 PK students
 - o 30 schools
 - o \$217M (GF and Federal budget)
 - o 20% Students with Disabilities
 - o Continuous Improvement



Building a Healthy District

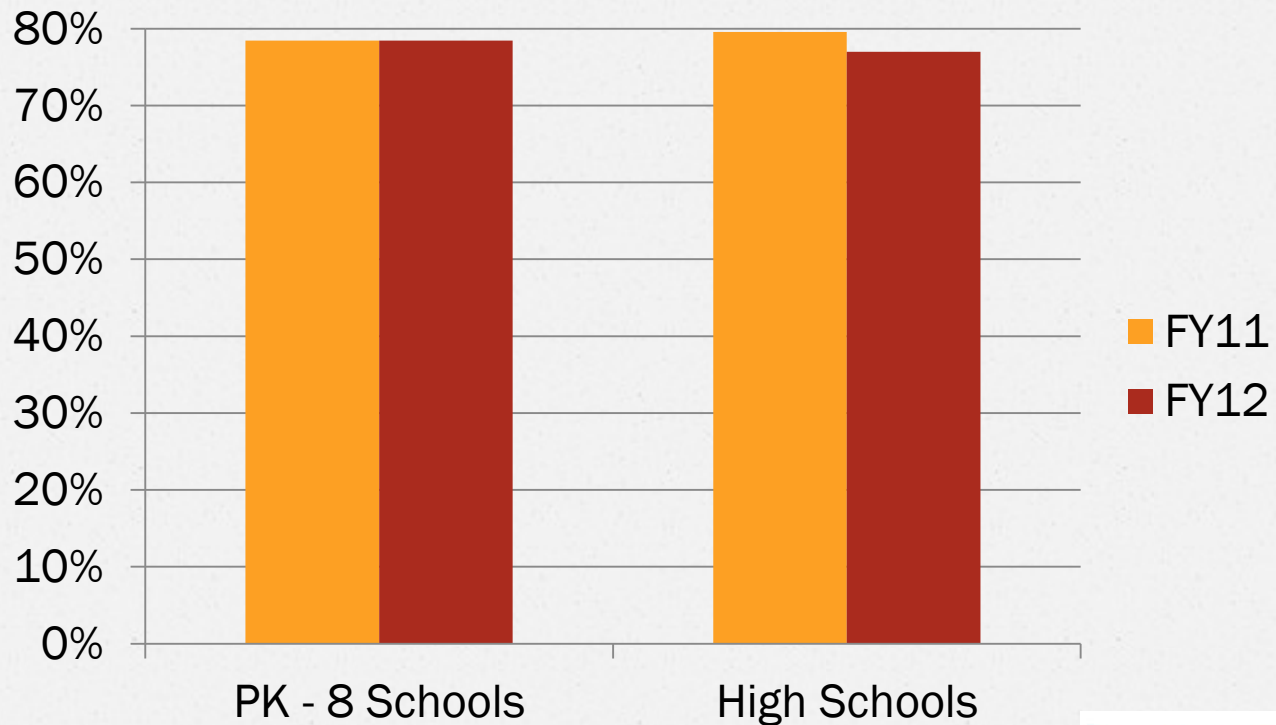
- o Health Education
- o Physical Education
- o **Health Services**
- o **Nutrition Services**
- o Counseling & Psychological Services
- o Healthy School Environment
- o Health Promotion for Staff
- o Family & Community Involvement

Health Services

- o 21 School Nurses, 1:701 ratio
 - o Screenings
 - o Vision – PK, K, 1st, 3rd, 5th, 7th and 9th grades
 - o Height and Weight - K
 - o Hearing – PK, K, 1st, 3rd, 5th, and 9th grades
 - o Dental – K, 1st, 3rd, 5th, 7th, and 9th grades
 - o Scoliosis – 6th grade
 - o Crisis Team coordination
 - o On-site nurse and dietician
 - o Pending Legislation – HB153/SB210 - Body Mass Index

Nutrition Services

Free and Reduced Lunch %



Nutrition Services

- o School Breakfast Program
 - o Free breakfast offered to all PK – 12 students
 - o 1,330,372 (est.) breakfast served in FY12
- o National School Lunch Program
 - o Free lunch offered to all PK – 8 students
 - o High school students pay full price, reduced price or free
 - o 2,022,436 (est.) lunches served in FY12
- o Summer Food Service Program
- o Fresh Fruits & Vegetables Program
- o Pending Legislation – HB255 – Free breakfast for schools rated “Academic Emergency”

Summary

- Non-academic barriers i.e., hunger, mental health issues, unengaged family members contribute to low student achievement
- Families need access to services and professionals
- Schools must incorporate health and nutrition topics in family and community meetings
- Collaboration, collaboration, collaboration!